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# Black Rainbow – Rachel Kelly

**Resource Guide**

# About Rachel Kelly

Rachel began her career as a journalist after being named runner-up in Vogue's 1987 Talent Competition. She spent ten years on The Times, where she was variously a reporter, feature writer and columnist.

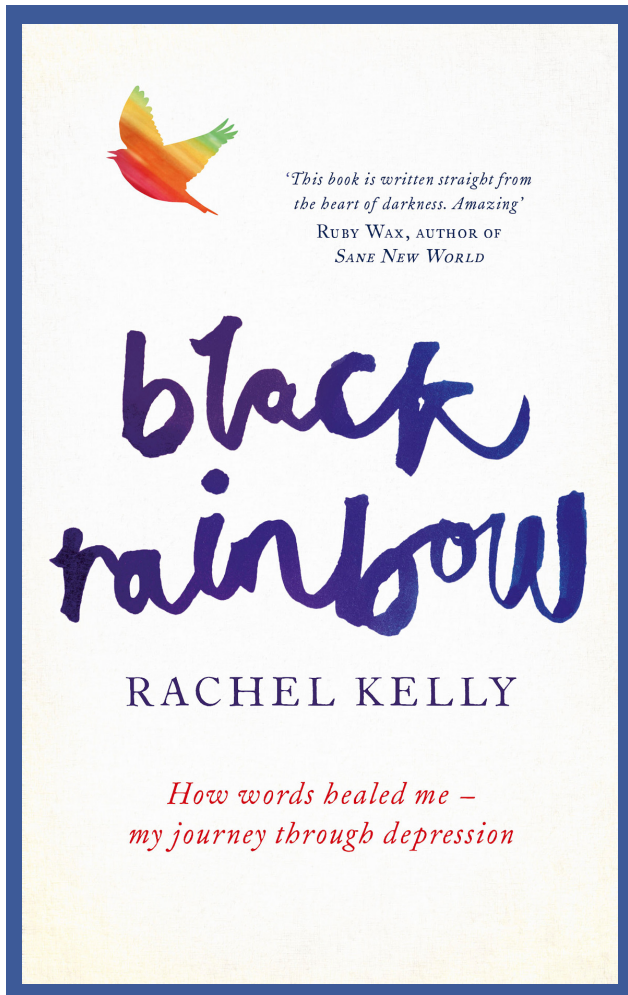
She is the author of *Black Rainbow: How words healed me – my journey through depression*, published by Hodder & Stoughton in 2014. The book was awarded Best First Book Prize at the Spear's Book Awards and was a Sunday Times bestseller.

Rachel currently gives talks on the power of the written word and runs poetry workshops across the country at schools, fundraising events, companies, prisons and literary festivals. She is an ambassador for UK charity SANE and Vice President of United Response: these two organisations are the recipients of all author proceeds from the sale of *Black Rainbow*.



[www.blackrainbow.org.uk](http://www.blackrainbow.org.uk)

# BOOK



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Black Rainbow is the powerful first-person story of one woman's struggle with depression and how she managed to recover from it through the power of poetry.

In 1997, Oxford graduate, working mother and Times journalist Rachel Kelly went from feeling mildly anxious to being completely unable to function within the space of just three days. Prescribed antidepressants by her doctor, and supported by her husband and her family, Rachel slowly began to get better, but her anxiety levels remained high, and six years later, as a stay-at-home mother, she suffered a second collapse even worse than the first.

Throughout both of Rachel's periods of severe depression, the healing power of poetry became an integral part of her recovery. As someone who had always loved poetry, it became something for Rachel to cling on to in times of need - from repeating short mantras to learning and reciting entire poems - these words and verses became a powerful force for change in her life. In Black Rainbow Rachel analyses why poetry can be one answer to depression, and the book contains a selected 40 of the poems that provided Rachel with solace and comfort during her breakdown and recovery.

At a time when mental health problems and depression are becoming more common, and the stigma around such issues is finally being lifted, this book offers a lifeline for anyone seeking to understand depression and seek new ways to treat it. Poetry is free, has no side-effects and, as Rachel can attest, 'prescribing words instead of pills' can be an incredibly powerful remedy.

# App: Black Rainbow: How to Beat Depression



## Description

Everything you need to beat depression. Author Rachel Kelly has put together a selection of healing poems and prose extracts read by acclaimed actors and broadcasters, expert advice on diet and exercise, and guided relaxation audios to help you feel better. Share poems with others in times of need, or listen to audio if you don't have the energy to read.

[CLICK HERE TO DOWNLOAD](#)

# Resource Links

[www.unitedresponse.org.uk](http://www.unitedresponse.org.uk)

United Response provides a range of services for people with learning disabilities, mental health needs or physical disabilities.

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[www.sane.org.uk](http://www.sane.org.uk)

SANE is a leading UK mental health charity. We work to improve quality of life for anyone affected by mental illness. Please explore the icons below to find out how we help people.

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[www.moodscope.com](http://www.moodscope.com)

Moodscope was devised by our founder, Jon Cousins, an advertising creative and serial on-line entrepreneur. Jon suffers from depression from time to time and developed Moodscope so that he could manage his mood better.

# Connect with Rachel

Click the links below

[www.blackrainbow.org.uk](http://www.blackrainbow.org.uk)

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# Lets Connect

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